



# CESSATION

**More than 40 percent of current adult smokers quit smoking for at least 1 day. Approximately 1.2 million smokers in United States (2.5 percent) quit permanently each year.** (Office on Smoking and health Division of Media Relations, 1997)

**About half of males and females quit for 24 hours or more (males 44 percent; females 49 percent); and approximately a quarter quit for 7 days or more (male 25 percent; females 27 percent).** (Office on Smoking and health Division of Media Relations, 1997)

**Smoking cessation has major and immediate health benefits for persons of all ages and provides benefits for person with and without smoking-related disease.** (MMWR, Health Benefits of Smoking Cessation, 1990)

**Former smokers have better health, fewer health complaints, and fewer illnesses than current smokers.** (Office on Smoking and health Division of Media Relations, 1997)

**After 1 year of being cigarettes-free, the excess risk of heart disease caused by smoking is reduced by about half.** (Office on Smoking and health Division of Media Relations, 1997)

**After 10 years of being cigarette-free, the risk of lung cancer for former smokers drops to less than one-half that of a continuing smoker.** (Office on Smoking and health Division of Media Relations, 1997)

**Smoking cessation decreases the risk for lung and other cancers, heart attack, stroke, and chronic lung disease.** (MMWR, Health Benefits of Smoking Cessation, 1990)

**Women who stop smoking before pregnancy, or during the first 3 to 4 months of pregnancy reduce their risk for having a low-birth-weight infant.** (MMWR, Health Benefits of Smoking Cessation, 1990)

**Nicotine replacement products can reduce the intensity of withdrawal symptoms among smokers in the general population.** (Office on Smoking and health Division of Media Relations, 1997)

**It is essential to recognize that helping patients stop using tobacco requires behavioral support that addresses physiologic, psychologic, and social factors.** (How to help Your Patients Be Tobacco-Free Trainers Guide, National Cancer Institute, 1997)

**It is important for the clinic team to treat tobacco use prevention and cessation advice as a brief, routine activity during every office visit.** (How to help Your Patients Be Tobacco-Free Trainers Guide, National Cancer Institute, 1997)

**Clinical trials have shown that successful smoking cessation rates increase by 12% with follow-up and only 5% without follow-up.** (How to help Your Patients Be Tobacco-Free Trainers Guide, National Cancer Institute, 1997)